


September 2020 Milk Served daily ½ pint of 2%		Senior Nutrition Program 850 W. Grant, Williams, AZ 86046 928-679-7485 Congregate Take Out Meals Served 12 Noon <i>Monday, Wednesday and Thursday</i> Thrift store open Tuesday only 9-12					
<i>Su n</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sa t</i>	
		1 Chicken Noodle Soup. Green salad Dinner Roll Fruit Cup	2 Chicken Chimichanga Zucchini w/corn Lettuce, Tomato Mango Salsa Apple, Ice Cream	3 French Dip Sand Potato Wedges Romaine Salad w/Ranch Fruit Salad	4 Green Chili Burrito Refried Beans Cabbage Salad Peaches	5	
6	7 Ground Beef Taco Salad Cucumber Mix Fruit Cup Tomato Salsa	8 Posole Pork Soup Cabbage Salad Peaches Cookie	9 Country Style Ribs Ranch Style Beans Dinner Roll Melon in Season	10 Lasagna Italian Veggies Spinach Salad Pineapple Mix	11 Chef Salad w/Eggs, Cheese Crackers Fresh Fruit	12	
13	14 Green Chicken Enchiladas w/ Beans Romaine Salad Apricots Tomato Salsa	15 Beef Stew w/ carrots, potatoes Green Salad Dinner Roll Fruit Mix	16 Pork Carnitas on Corn Tortillas Mexicali Corn Mix Spinach Salad Fruit Mix	17 Shepherd's Pie Mixed Veggies Glazed Beets Dinner Roll Seasonal Fruit	18 Spaghetti w/ meatballs Italian Veggies Spinach Salad Berry Fruit Mix	19	
20	21 Pinto Beans Garden Salad Cornbread Fresh Fruit	22 Corned Beef w/ Cabbage and Carrots Dinner Roll Jello-O w/ fruit	23 Zuppa Toscano Soup Mixed green salad Toasted Garlic Bread Seasonal Fruit	24 Polish Sausage Dog w/ Sauerkraut Potato Salad Cherry Crisp	25 Baked Cod Fish Brown Rice w/ broccoli Spinach Salad Peaches Cookie	26	
27	28 Beef Stroganoff Carrot Coins Romaine Salad Seasonal fruit	29 Cheeseburger Provolone cheese w/ tomato, onion Potato Wedges Fruit Salad	30 Beef w/ Broccoli Brown Rice Stir Fry veggies Mixed greens salad Fortune Cookie		Autumn begins  September 22!	29	

Menu approved by Lorraine Crim, RDN 08/27/2020 Services are funded by the Older Americans Act, SSBG funds and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security, Division of Aging and Adult Services (DAAS) to Area Agencies on Aging. Eligibility for programs: Seniors or adults with disabilities. Additional requirements may vary by program. Client contributions are encouraged and are vital for continuation of the programs. Language assistance and alternate forms of communication are available upon request.

Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, Area Agency on Aging NACOG prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Area Agency on Aging NACOG must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities."